



Spinach Quiche Bites

READY IN



65 min.

SERVINGS



24

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 2 slices bacon
- 0.3 cup spring onion chopped
- 2 eggs
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon salt
- 0.1 teaspoon nutmeg
- 9 oz spinach frozen thawed chopped
- 0.5 cup frangelico

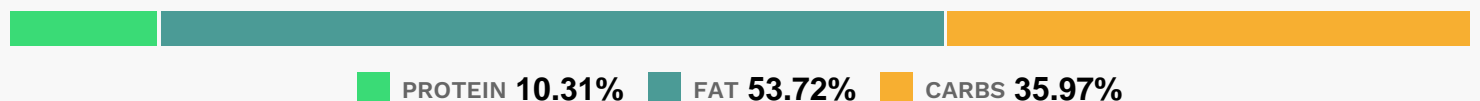
Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- whisk
- wire rack
- muffin liners

Directions

- Heat oven to 375°F.
- Remove pie crusts from pouches; place flat on work surface. With 2 1/2-inch round cutter, cut 12 rounds from each crust. Press 1 round in bottom and up side of each of 24 ungreased miniature muffin cups. (A 12-cup tartlet pan can be used; see How-To tip.)
- Cook bacon in 10-inch skillet over medium heat 4 to 6 minutes, turning occasionally, until brown and crisp.
- Drain on paper towels.
- Add onions to same skillet with bacon drippings. Cook 2 to 3 minutes, stirring constantly, until tender; drain.
- Beat eggs, half-and-half, cheese, salt and nutmeg in medium bowl with wire whisk. Crumble bacon; add to egg mixture.
- Add onions and spinach; mix well. Divide mixture evenly among crust-lined cups.
- Bake 20 to 25 minutes or until puffed and golden brown. Cool in pan on wire rack 10 minutes. Loosen and remove quiches from pan with tip of knife.
- Serve warm or cool. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:5.6365217540575%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 98.32kcal (4.92%), Fat: 5.87g (9.04%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.1g (2.94%), Sugar: 0.11g (0.12%), Cholesterol: 16.06mg (5.35%), Sodium: 142.03mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.07%), Vitamin K: 42.95µg (40.91%), Vitamin A: 1289.65IU (25.79%), Manganese: 0.15mg (7.64%), Folate: 29.56µg (7.39%), Selenium: 3.57µg (5.11%), Vitamin B2: 0.08mg (4.47%), Vitamin B1: 0.06mg (4.22%), Iron: 0.73mg (4.04%), Phosphorus: 36.31mg (3.63%), Calcium: 32.09mg (3.21%), Fiber: 0.75g (3.02%), Magnesium: 11.85mg (2.96%), Vitamin E: 0.44mg (2.96%), Vitamin B3: 0.59mg (2.93%), Vitamin B6: 0.04mg (1.98%), Potassium: 67.1mg (1.92%), Zinc: 0.27mg (1.79%), Copper: 0.03mg (1.64%), Vitamin B5: 0.15mg (1.49%), Vitamin B12: 0.06µg (1.01%)